

ABSTRACT OF THE DISCLOSURE

Address information is formed by M wobbles  
(integer M is the number of wobble waves) per bit as a  
basic unit, and is NRZ-recorded. Also, a sync signal  
5 used in sync detection of the address information is  
formed by N wobbles per bit as a basic unit (integer N  
is the number of wobble waves and  $M = 2N$ ). The sync  
signal with such configuration (6 wobbles per bit) is  
recorded on the head side of the address information  
10 (12 wobbles per bit). In this way, even when external  
noise is large, a modulated wobble signal can be  
demodulated more accurately.